

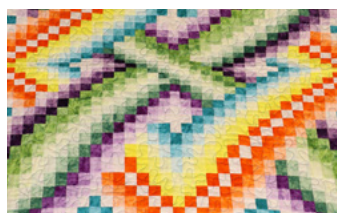
Local Veteran Places First in National Arts Competition

U.S. Air Force Veteran Sherrill Williams competed in the Butler VA's first ever Creative Arts Competition in the fall. From there, her submission "Twisted Colors" proceeded to the national competition where it won **FIRST** place in the category "Needlework Kit."

The 2021 National Veterans Creative Arts competition was presented by the Department of Veterans Affairs and the American Legion Auxiliary. Nearly 2,000 Veterans submitted entries into the 2021 competition, and 142 Veterans received gold medals, including Sherrill! The gold medal-winning Veterans are invited to attend the 41st National Veterans Creative Arts Festival planned for April 20-25, 2022, in St. Petersburg, Florida.

Sherrill took her first quilting class at Beale Air Force Base (California) over 20 years ago. She has been quilting ever since, making over 60 quilts. She previously entered some of her work in local fairs, but this past year was a first with the VA. Both of her grandmothers taught her the craft, so it was a way to honor them too.

"Quilting is relaxing, especially during COVID-19. I'm a pharmacy tech, and my husband is a physical therapy assistant in a nursing home, so arts and crafts help calm us after a hectic day," said Sherrill. "Picking fabrics, finding new colors and patterns, it's relaxing and fun!"



Creating art can be therapeutic and healing, and a great way for Veterans to focus on their overall well-being this year. Veterans may contact the Health Promotion & Disease Prevention Program Manager at 878-271-6484 to learn about any upcoming creative arts opportunities at the Butler VA. Information and events are also regularly shared on the Butler VA Facebook page— www.facebook.com/VAButlerPA.

Sherrill is already planning for the 2022 competition and hopes to design her own quilt this year and maybe even try her hand at dyeing her own fabrics. She recently tried a few new creative endeavors as well, including classes in both painting and basket-weaving. She encourages other Veterans to give creative arts a try. "Just do it. Don't be afraid. Even if you're the only one in a class, it's fun."

“Quilting is relaxing, especially during COVID-19. I'm a pharmacy tech, and my husband is a physical therapy assistant in a nursing home, so arts and crafts help calm us after a hectic day.” - Sherrill Williams, U.S. Air Force Veteran



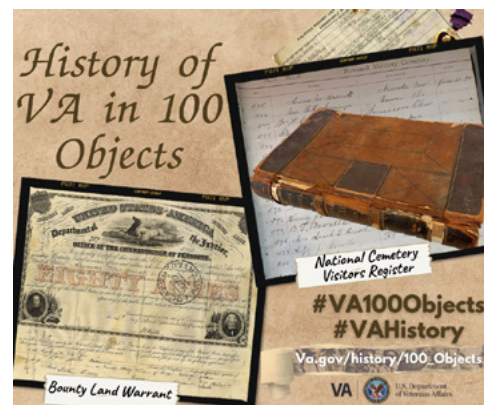
Comprehensive Women's Health

Women Veterans can receive primary care, breast and cervical cancer screenings, prenatal care, maternity care coverage, and other gender-specific services at the VA.

Veterans, enroll today! www.choose.va.gov.

Telling VA's Story

Check out the History of VA in 100 Objects virtual exhibit. The exhibit tells the history of the nation's efforts to honor and reward Veterans for their services by spotlighting individual objects that illuminate key parts of that story. Visit www.va.gov/HISTORY/100_Objects/Index.asp.



SIGN UP FOR EMAIL UPDATES!

Stay informed this year. Sign-up for regular email communications from the Butler VA. Sign-up by visiting our main website at www.va.gov/butler-health-care. Scroll to the bottom of the page, and click "Subscribe to VA Butler health care news and announcements"

Get updates from VA Butler health care

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HAVE A CONVERSATION ABOUT YOUR HEART

Your VA health care provider can help you protect your heart at any age.

KNOW
YOUR RISK

DON'T
SMOKE

GO ON
WALKS

DE
STRESS

TIME W/
LOVED
1'S

TAKE
UP MEDS

PRACTICE
SELF
CARE

EAT
GREENS

SLEEP
WELL



1-855-829-6636 | www.womenshealth.va.gov | #WomenVets



COVID-19 CLINIC LOCATION CHANGE

The Butler VA's walk-in COVID Clinic previously located at the New Castle Road Campus has now moved to the Abie Abraham VA Health Care Center (HCC). The clinic is available from 9am-2pm, Monday-Friday. No appointment is needed.

The Butler VA Health Care System offers the COVID-19 vaccine and booster to all Veterans, their spouses, and caregivers at no cost. Learn more: www.va.gov/butler-health-care/programs/covid-19-vaccines/.

February is Black History Month

Black Veterans have served and fought bravely throughout our nation's history. We honor the service of these brave Americans during Black History Month. **Thank you.**



HAVE A CONVERSATION ABOUT YOUR HEART WITH YOUR VA DOCTOR

In addition to Butler VA's comprehensive primary care and women's health services, VA offers the following resources to help women Veterans protect their hearts:

- VHA Women's Health Heart Health Resources: Information and resources to help women Veterans learn about the risk factors for, and symptoms of heart disease and steps they can take to lower their risks. www.womenshealth.va.gov/WOMENSHEALTH/OutreachMaterials/GeneralHealthandWellness/hearthealth.asp
- VA Tobacco Cessation Resources: VA offers a variety of resources to help Veterans quit tobacco use. Tobacco cessation is one way to help women Veterans improve their heart health. www.mentalhealth.va.gov/quit-tobacco/how-to-quit.asp
- VA Mindfulness Coach App: Mindfulness has been shown to reduce stress, a major risk factor for heart disease. The Mindfulness Coach helps Veterans and service members practice mindfulness techniques to manage their stress levels. <https://mobile.va.gov/app/mindfulness-coach>
- MOVE! Weight Management Program: Physical activity and maintaining a healthy weight can help women Veterans reduce their risk of heart disease. The MOVE! Weight Management Program encourages and offers resources for healthy eating behaviors, physical activity and exercise, and weight loss. <https://www.move.va.gov/>

SALUTE YOU

Thank you for your service PAUL BAROS, U.S. Navy



U.S. Navy Veteran Paul Baros served as an aviation anti-submarine warfare operator during Vietnam.

Let us "Salute You!" Contact the Butler VA Public Affairs Office for more information.

VA



U.S. Department of Veterans Affairs
Veterans Health Administration
Butler VA Health Care System



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800.362.8262
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www.va.gov/butler-health-care



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